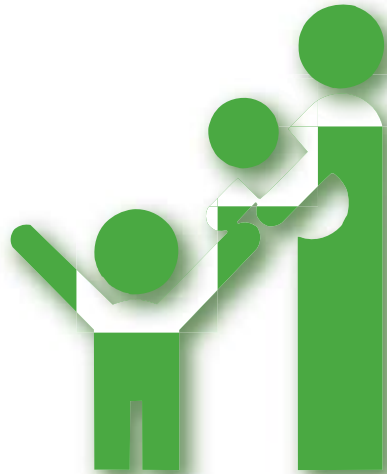


South Carolina

# WIC Food Guide

Women, Infants and Children (WIC)



Oct. 1, 2005 - Sept. 30, 2006

South Carolina Department of Health  
and Environmental Control

S.C. WIC-Approved

## Juices

All juices must be unsweetened and 100 percent juice.  
Only the juices listed below are allowed.

### 46-Ounce Can or Plastic Container

- Any brand juice: orange, grapefruit and pink grapefruit
- Campbell's Healthy Request Tomato Juice and Low Sodium Tomato Juice
- Campbell's V-8 100 percent Vegetable Juice and Low Sodium V-8
- Dole Pineapple Juice
- Libby's Juicy Juice (any variety)
- Northland Cranberry Blends (no sugar added)
- Seneca Juice: Apple and Grape
- Welch's Juice: White and Purple Grape
- White House Apple Juice

### 46-Ounce Can

- Store brand juice: 100 percent Hawaiian USA Pineapple
- Liberty Gold Pineapple Juice

### 11.5-12-Ounce Frozen Can

- Any brand juice: orange, grapefruit and pink grapefruit
- Dole Pineapple Juice
- Seneca Juice: Apple and Grape
- Welch's Juice: White Grape Pear, White Grape Peach, White Grape Raspberry, White Grape, Purple Grape, and White Grape Cranberry

### 11.5-12-Ounce Shelf Can

- Libby's Juice (any variety)
- Welch's 100 percent Juice Pourable Concentrate (Yellow Band only): Purple and White Grape, Apple, Fruit Fantastic, Strawberry-Raspberry, Cherry Sensation, Tropical Passion and Wild Berry

### NOT ALLOWED

- Fruit "punch"
- Fruit "drinks"
- Sports drinks (e.g., Gatorade)
- Glass bottles
- Sugar added
- Calcium-fortified juice
- "Infant" or "Baby" juice
- Juice "cocktails"
- Organic juice

How to use

## WIC Checks

- Sign the WIC ID card. The persons you list on your application must be the persons who are going to pick up your food, and they must also sign the card. Always take your ID card to the grocery store when you use your checks.
- Note the dates. Don't use the check before the first date or after the last date.
- Separate WIC foods from other groceries.
- Select only the foods listed on the check. WIC checks cannot be used to buy other foods.
- Buy the correct size and amount of foods listed on the check. If you do not want an item, you may leave it off. If you feel that the food ordered is more than you can use, tell someone at the clinic.
- When you check out, the store clerk will fill in the cost of the food and fill in the date.
- Sign your name at the check-out counter after the date and amount are filled in.

If you have a problem with your food, you must talk with someone at the WIC clinic. The store cannot make any changes in your food order.

If you have questions or problems about using WIC checks call, [1-800-922-4406](tel:1-800-922-4406).

**This institution is an equal opportunity provider.**



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# Cereals

National Brand Cereals

**Kellogg's:**

- Corn Flakes
- Crispix
- Frosted Mini-Wheats, Bite-Size
- Hunny B's
- Special K
- Strawberry Mini-Wheats

**General Mills:**

- Cheerios (plain only)
- Corn Chex
- Country Corn Flakes
- Kaboom
- Kix (plain only)
- Multi-Grain Cheerios
- Rice Chex

**Post:**

- Honey Bunches of Oats (Honey Roasted Only)

**Quaker:**

- King Vitaman
- Life

Store Brand Cereals

**Any store brand of the following:**

- Bran Flakes
- Corn Flakes
- Crisp or Crispy Rice
- Frosted Shredded Wheat, Bite-sized
- Toasted Oats or Tasteeos

National Brand Cooked Cereals

**Nabisco:**

- Instant Cream of Wheat (original flavor)
- Cream of Wheat (enriched farina)

**Quaker:**

- Instant Grits (original flavor)
- Instant Oatmeal (regular flavor)

Store Brand Cooked Cereal

- Instant Oatmeal (regular flavor)



NOT TO EXCEED THE TOTAL AMOUNT OF OUNCES SPECIFIED ON THE WIC CHECK. MAY BE LESS, IF DESIRED.

ONLY CEREALS LISTED ARE ALLOWED.

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# Dairy/Protein Foods

**Milk (fresh, evaporated, and nonfat dry milk):**

**Any brand as specified on the food check.**

**Not allowed:** chocolate milk, filled milk, soy milk, goat's milk, organic milk, sweetened condensed milk

**Cheese (Up to 16 ounces):**

**Any brand of the following:**

Block style cheese or sliced cheese, (may be individually wrapped)

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

(Note: low fat, low cholesterol, low sodium are allowed)

**Not allowed:** cheese food, cheese spread, cheese from the store's deli department, string cheese, shredded cheese, cheese products and specialty cheese (e.g., with added flavorings such as wines, spices, nuts)

**Dried Peas or Beans (1 - pound bag):**

Any brand, unflavored single variety.

**If specified:** 8-ounce or 16-ounce canned mature, plain: beans, peas or "baked beans."

**Not allowed:** boxes, frozen or canned green beans, snap beans, yellow beans, wax beans or sweet peas.

**Eggs:**

Any brand grade A medium or large, white only.

**Not allowed:** specialty eggs, organic eggs, liquid eggs and brown eggs

**Peanut Butter (Up to 18-ounce jar):**

Any brand, smooth only; reduced fat peanut butter allowed.

**Not allowed:** added items such as jelly, chunky peanut butter or peanut butter spread

**Breastfeeding Women Only**

**Tuna (if specified):**

Any brand canned tuna; light, dark or blended; chunk, grated, flakes, or solid pack; water or oil-packed; up to 26 ounces

**Not allowed:** resealable packages, albacore (white tuna)

**Carrots (if specified):**

Any brand of raw, canned or frozen carrots, 1 - or 2 - pound sizes only.

**Not allowed:** baby carrots, organic carrots

**Infant Formula and Cereal Formula:**

Only what is listed on the food check

**Infant Cereal:**

8 ounces or 16 ounces. BeechNut, Del Monte and Gerber (only)

**Not allowed:** added fruit or formula